

Especially

for

SENIORS

SUMMER, 1978

LINK Skills Exchange program ready to go!

The LINK Skills Exchange Logo competition has been judged and the winner was Mr. Stefan Fritz of Scarborough. The contest interested 190 Seniors and many sent in more than one design.

The winning design, reproduced on this page has the printed matter in black on a white card. The left and right hands are red and the other two green.

During Senior Citizens Week in June the winning designs were on view in the MacDonald Block in Queen's Park. Hon. Keith Norton, Minister of Community and Social Services, presented a scroll to Mr. Fritz at a ceremony in front of the display.

Mr. Rudolf Guenther, a Senior who is also an artist in metal, reproduced the logo in two colors and presented it to the winner.

Criteria for the judges was that the design should not be too complex and be clear even in stamp size. It should convey the purpose of the project — LINK Skills Exchange.

Each member of the committee picked two designs and the runners-up were eliminated by vote but received Honorable Mention. Four Special Mention awards were made in the same way from areas not represented in the original choices.

The artists have been asked to give permission for their designs



Logo contest winner Stefan Fritz, Scarborough with Rudolf Guenther, Toronto, at presentation ceremony in Queen's Park. Mr. Guenther, a metal craftsman, incorporated the logo into a medallion which Mr. Fritz wears around his neck.

to be entered in a travelling show to interest communities in undertaking LINK programs.

Kits have been prepared on how to organize the program (they had been delayed until the logo was chosen) and the program is off to a good start.

Mr. Lester Phillips, Senior Consultant for the Office on Aging, who is organizing these

programs, and Mr. Lawrence Crawford, Director of the Office on Aging, were delighted with your response, as was the Council.

(The LINK program was explained fully in an earlier issue but some of you new Seniors may wonder what this is all about. Briefly the program is a system whereby your barter your skills and earn LINK stamps. When you need help you can "spend" your stamps to buy someone else's help. It is a voluntary set-up — no money is exchanged and some pilot projects are now under way. You'll be hearing

more about it in future issues of your paper)

Honorable mention winners were: Mr. H.G. Morris, Scarborough; Mr. John G. Ramsden, Don Mills; Mrs. Luella Hubbard, West Hill; Mr. Charles C. Lamb, Willowdale; Mrs. Jessie Smythe and Mr. F. Russell (Toronto, joint effort); Mr. Eric B. De Luz, Toronto; Mr. Stanley Wyatt, Weston; Mr. John Goodearle, Merrickville; Special Mention, Mr. L. Howard, Kenora; Mr. F. M. Harling, Kirkland Lake; Mr. W. Jay, Hamilton, and Mrs. E. MacIntyre, Kitchener.



**SKILLS
EXCHANGE
CARD**



A program of Ontario Senior Citizens
and the Ontario Ministry of Community and Social Services

This black and white reproduction of the LINK card is just a shade smaller than actual size.

INDEX

Link Logo contest results	Page 1
Book Reviews, Letters	Page 2
Questionnaire	Page 3
Un questionnaire (en Français)	Page 4
LOOPS answers	Page 5
Brief to Jackson Commission	Page 6
Cooking for Men	Page 7
Two Seniors win Ontario medals	Page 8

BOOK REVIEWS

Good Reading from Canadian authors

BY HOPE HOLMESTED

One of the great pleasures of being involved with the Advisory Council on Senior Citizens is my increasing awareness of the talents Seniors have developed over the years. One has only to look at the beautiful designs submitted in our LINK logo contest, or to hear of the dedication and imagination which Seniors bring to needed services and to note their ability to set things down on paper in an exciting way to realize that we Seniors are an important national resource.

I would like to call your attention to four worthwhile books. The first, *Spirit of Canada*, is from a mixed age group but there are many Seniors among the contributors. The second and third are by pioneers and the fourth explains to landlubbers the mystic and siren call of the sea.

SPIRIT OF CANADA, published by the Canadian Authors Association. This is a beautiful little book, only 93 pages, of black and white photographs, poems, stories and anecdotes which really do reflect the Canadian spirit.

For some reason, it is almost impossible to find at a bookstore, but seniors who are interested

may buy it at a bargain. (See last paragraph.)

Writers and photographers of almost every racial background living in Canada are represented.

One respected Toronto critic, Marcus Van Steen, wrote in a review for the *Ottawa Citizen*: "Given the circulation it deserves this slight volume could do more for Canadian unity than all the long-winded speeches by self-important politicians put together."

It would make a first-rate present to send overseas to explain our country to those who do not know it, but we think you will find it difficult to part with it.

Market price of the book is \$5.95, but Seniors may order it through the association for \$3.50, postpaid. Do not send cash, send a cheque or money order to:

The Canadian Authors Association, 222 Yorkville Ave., Toronto, M4W 1L4.

(If you live in the Metro area do not try to pick it up at the Yorkville address, which is the old public library between Bay and Yonge Sts. The building is undergoing extensive alterations and while mail is still being picked up there, the secretary is shipping from her own home.)

PIONEER DAYS AT GUELPH AND THE COUNTRY OF BRUCE

This was sent to us by Mrs. Donalda McLean, Box 82, Chesley, Ontario. She is selling it herself for \$2.75. David Kennedy Senior was a man of over 75, in 1903, when he wrote and published this book. He tells of finding a homestead in the wilderness, the building of rafts to ford rivers, the long days of walking through the snow to get food, the disasters for the new and inexperienced newcomers and the delight in family and friends. You freeze, suffer and enjoy with him, those strange, hard days when man had to be a superman to survive.

The third book was written by a man born in 1898, Rowat E. Swerdtferger. Its title is "The Way It Was". For any senior the price is \$7.00 though the retail price is \$9.95. The address is 70 Butterfield Place, Brockville, K6V 1M5. It can also be obtained in the Kingston library. The author was a teacher and farmer and lived in the west for a while during the depression. He compares the past and the present. He has lived in Aurora and is now in Brockville. He was asked to write

a book on the old days and old ways to let the younger generation know what it was like "when we were young". He reminds us all of many accepted pleasures of the past, of the quilting bee, the butter churning, the small town festivals. A nostalgic reminder for those who have enjoyed country living!

The fourth book is "Never Lose Steerage Way" by Jack Braidwood. At last one understands the madness of the love a sailor feels for his ship and the sea, the delights of fresh water and salt water sailing, a world so few know. Lieutenant Commander Jack Braidwood designed, built and sailed his own boats and is a deep sea navigator.

The story tells of his experiences in two world wars and his cruising around the world. The sea was not his hobby or past-time but a way of life.

If you love the water, read it. You can smell the salt from the sea and feel the plunge of the ship as it speeds on its way.

The book is published by the Picton Gazette Publishing Company, 74A King Street, Picton, Ontario. (The price is \$12.50. It is fully illustrated.)

LETTERS

Office of the Premier of Ontario
Queen's Park, Toronto.

Dear Miss Holmested:

Thank you for your letter in which you enclosed several excerpts on Canadian unity received from several senior citizens in response to your quarterly newsletter "Especially for Seniors."

It was gratifying to read these responses from those who have made such a large contribution to the building of our great nation and the prosperity we now enjoy.

Sincerely,
William G. Davis.

troubles.

It is a sad thing that we needed a separatist government in Quebec in order to become concerned about what we Canadians really are. To the extent to which the election of a separatist government has had this effect it may well have been a blessing in disguise.

I like that you try to have some French in each issue of the paper. It is a pity that such a glaring misprint like the one that appears in the title on top of page 2 has not been spotted in time. The

word is spelled quite correctly in the second line of paragraph five in the first column... however there are some irregularities which look more like mistakes than misprints... but as a whole the translation is quite good..."

Leon Thiry,
Waterloo.

Your interesting winter paper was very much enjoyed, especially your front page article by Hope Holmested, where she pointed out that seniors can do something to help — and to do it now.

I am only 98 years young and have written several Wentworth County family histories and scores of poems etc. since my 80th birthday. I am still interested in the music world and play the auto-harp and piano for many of our Seniors groups. I have memorized most of my poems and recite them at different functions.

Yours for a United
Canada,
Laura M. Begg,
Hamilton.

EXTEND HOME RENEWAL PROGRAM UNTIL MARCH

The Ontario Home Renewal Program (OHRP), designed to help improve and upgrade the province's existing housing stock, has been extended until March 31, 1979, according to Housing Minister Claude Bennett.

Twenty million dollars has been set aside in the provisional estimates and the staff of the ministry is prepared to accept applications for grants.

As this extension applies only until the end of next March, the minister cautioned municipal-

ities against approving applications beyond the funds which become available.

"I urge each and every municipality to make sure they do not commit themselves with regard to this program beyond the funds that are actually provided to them," he said.

OHRP was launched in 1974 to help low and moderate income earners upgrade their homes, primarily by correcting faulty structural and sanitary conditions and by upgrading plumbing, heating, insulation and electrical systems.

To date, more than \$66 million has been provided by the province towards the upgrading of more than 20,000 homes. About 540 municipalities are involved in this program.

Any reader who is interested in taking advantage of this program should apply as soon as possible to the municipality in which he or she lives. Applications are handled at the municipal level. Do not write the provincial government. But do not delay. There is not much time left.

In the last issue of "Seniors" you stated: "Let's not go searching around for our Canadian identity. We have an identity..." I wish you were right in making this statement, but I think it should be substantiated inasmuch as there are many Canadians who seem to question it. Why not use an issue of the paper to give us some kind of analysis of this identity, telling us what are its characteristic attributes. Personally I believe that the Quebecers have an identity, but I doubt whether Canadians as a whole have one and this may well be one of the sources of our

WE NEED YOUR HELP SO WE CAN PLAN

BY HOPE HOLMESTED

The thrust of the Council's activities next year will be based largely on the findings of a three-day workshop in January when Council meets with Seniors' groups and with government representatives from various ministries to prepare and make recommendations to the government on key issues in health, housing, education and income maintenance. Eight representatives from Seniors' organizations have already had their first of several meetings with Council which will continue until

the workshop.

Now we need your input and we hope you will help us by answering the questions, tearing off this page and returning it to us. If you need extra space please attach a letter with the subject heading on it. If you have a special concern not included in the questions send it along as well.

Please mail the page to the Advisory Council at the address on the masthead on page 1 and mark it "Workshop '79." Thank you.

Please indicate with an X which applies to you: Live in a house..... apartment..... institution.....; male..... female.....; under 74..... over.....; urban..... (over 5,000 population); rural.....

EDUCATION

1. In your opinion, are those who work with Seniors adequately trained and sufficiently sensitive to the needs of Seniors? Please answer "Yes" or "No".

Doctors nursing staff teachers counsellors social workers staff in institutions staff in government offices staff giving information about services visiting volunteers

2. Are you making good use of available education facilities?

Yes No

Are the following services available to you?

Seniors Centres or clubs..... churches..... schools..... community colleges universities libraries museums movies theatre lectures

3. What skills can Seniors contribute to the education of Seniors and other age groups? Please give examples if you are aware of such contributions now being made by Seniors:

HEALTH

1. Do you take positive steps to maintain your health?

Yes No

If "Yes" list the means you use to maintain it.

.....

If "No", who do you feel is responsible for your health?

.....

2. Are you satisfied with the availability and quality of medical care that you receive in your community?

Yes No

If "Yes" describe the positive features of such care

.....

If "No" what is wrong with the care?

.....

3. What is your feeling toward institutional care available to you in your community, i.e. general hospital, chronic care hospitals, nursing homes, homes for the aged, etc.?

Favorable Unfavorable

If "Favorable" what are the things you like?

.....

If "Unfavorable" what is wrong?

.....

INCOME MAINTENANCE

1. Some Seniors do not have sufficient income to meet their needs. How do you think this situation should be remedied?

By providing higher supplementary income? (that is by increasing the Guarantee Income Supplement and GAINS)

By increasing Old Age Security

By providing additional services

2. When you consider income needs for the future — say five years ahead — from what source do you think the increase should come?

Private pensions

Government pensions

Savings and personal investments

Additional services

3. Do you agree with mandatory retirement?

Yes No

If you answered "No" please state your reasons

.....

HOUSING

1. If you are living on your own, what facilities and services do you think are needed to make living more satisfactory?

In your own home

.....

In an apartment

With others (relatives or friends)

2. If you live in Senior Citizen housing:

What services could make your living there more conducive to your continued independence and enjoyment of life?

.....

What design features would make it easier for you to live independently and happily?

.....

3. What measures do you think are needed to improve the security and safety of older people?

.....

.....

.....

.....

Nous avons besoin de votre aide pour notre planification

par HOPE HOLMSTED

L'orientation des activités du Conseil l'an prochain dépendra dans une large mesure des résultats d'un atelier de trois jours au mois de janvier où le Conseil rencontrera les groupes de personnes âgées et les représentants de divers ministères du gouvernement afin de préparer et de faire des recommandations au gouvernement sur certaines questions clés dans les domaines de la santé, du logement, de l'éducation et du maintien du revenu. Huit représentants d'organisations de personnes âgées ont déjà eu une première réunion avec le Conseil. Ces réunions vont se poursuivre jusqu'à l'atelier.

Nous avons maintenant besoin de vos idées et nous espérons que vous nous aiderez en répondant aux questions, en détachant cette page et nous la retournant. Si vous avez besoin de plus d'espace, veuillez joindre une lettre portant le titre du sujet traité. Si vous voulez parler de problèmes particuliers qui ne sont pas abordés dans les questions, envoyez-nous aussi une lettre en même temps.

Veuillez envoyer cette page au Conseil consultatif, à l'adresse indiquée dans l'en-tête — et indiquer "Atelier 79" sur l'enveloppe. Merci.

Veuillez indiquer par un X ce qui s'applique à votre cas: je vis dans une maison..... un appartement..... une institution.....
homme..... femme..... moins de 74 ans..... plus de 74 ans..... milieu urbain (plus de 5,000 habitants)..... milieu rural.....

ÉDUCATION

1. À votre avis, est-ce que les gens qui travaillent avec les personnes âgées sont adéquatement formés et suffisamment sensibilisés aux besoins des personnes âgées? Veuillez répondre "Oui" ou "Non".

Médecins personnel infirmier enseignants
conseillers travailleurs sociaux personnel des
institutions personnel des bureaux du gouverne-
ment personnel donnant des renseignements sur les
services volontaires visiteurs

2. Faites-vous bon usage des installations éducatives dont vous disposez? Oui Non

Pouvez-vous disposer des services suivants? Clubs ou
centres de personnes âgées églises écoles
collèges communautaires universités biblio-
thèques musées cinémas théâtres
lectures

3. Quelle contribution les personnes âgées peuvent-elles apporter à l'éducation des personnes âgées et d'autres groupes d'âge? Veuillez donner des exemples si vous avez connaissance de telles contributions faites par les personnes âgées

LOGEMENT

1. Si vous vivez seul(e), quels sont les services et les installations dont vous pensez avoir besoin pour rendre la vie plus satisfaisante?

Dans votre maison

Dans un appartement

Avec d'autres (parents ou amis)

2. Si vous vivez dans un logement pour personnes âgées: Quels sont les services qui pourraient rendre votre vie plus indépendante et plus agréable?

Quelles sont les caractéristiques de conception qui vous aideraient à vivre plus indépendant et plus heureux?

3. Selon vous, quelles mesures doit-on prendre pour améliorer la sécurité des personnes âgées?

MAINTIEN DU REVENU

1. Certaines personnes âgées n'ont pas un revenu suffisant pour subvenir à leurs besoins. Comment peut-on à votre avis remédier à ce problème?

En leur donnant un revenu supplémentaire plus élevé?
(c'est-à-dire en augmentant le Supplément de revenu
garanti et GAINS) En augmentant la Sécurité
de la vieillesse En offrant des services supplé-
mentaires

2. Quand vous considérez besoins financiers pour l'avenir — disons dans cinq ans — d'où pensez-vous que cette augmentation devrait venir? Pensions privées Pensions
gouvernementales Épargnes et investissements
personnels

3. Êtes-vous d'accord avec la retraite obligatoire? Oui
Non

Si vous avez répondu "Non", veuillez donner vos raisons.

SANTÉ

1. Prenez-vous des mesures positives pour garder votre santé?

Oui Non Si "Oui", indiquez ce que vous
faites pour la garder

Si "Non", qui pensez-vous est responsable de votre
santé?

2. Êtes-vous satisfait(e) de la qualité et de la quantité de soins médicaux que vous recevez dans votre communauté?

Oui Non

Si "Oui", décrivez les aspects positifs de ces soins

Si "Non", qu'est-ce qui ne va pas dans ces soins?

3. Quel est votre sentiment envers les soins en institutions dispensés dans votre communauté, c'est-à-dire l'hôpital général, les hôpitaux de soins chroniques, les maisons de santé, les foyers de personnes âgées, etc. Favorable
Défavorable

Si c'est favorable, qu'est-ce qui vous plaît?

Si c'est défavorable, qu'est-ce qui ne va pas?

YOU NAME IT! SOMEBODY'S STUDYING IT

Some of you out there in the province are studying some very interesting things, ranging from anthropology to theology, according to results being tabulated from the Questionnaire published in last autumn's edition of the newsletter.

Nearly 450 of you were good enough to send replies to the questionnaire which was published at the request of LOOPS, which stands for Learning Opportunities for Older People, and is a project designed by Dr. Roby Kidd of the Adult Education Department of the Ontario Institute for Studies in Education.

There were nine questions and the first one dealt with statistics. Replies indicated that 33 per cent of the respondents were male; 82 per cent were under 75, 18 per cent over 75 and of these, two per cent were over 85; 16 per cent were single, 45 per cent married and 39 per cent widowed; 74 per cent live in cities, 10 per cent in towns, eight per cent in villages and another eight per cent in the country.

Here are the answers to the questions, shown in order of your preferences:

On which of the following would you like to receive more information? Learning opportunities for older people; money matters; using leisure; legal matters; second careers.

Through which medium do you like to receive general information? Newspapers; learning programs for Seniors; television; libraries; radio.

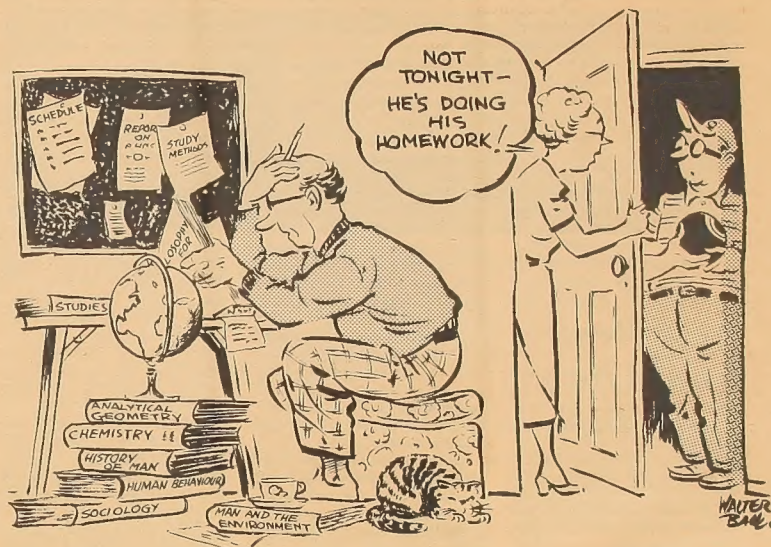
Are you aware of the learning opportunities available to Senior Citizens in your community? Replies were evenly divided between "Yes" and "No."

Have any of these learning opportunities been of interest to you? Fifty-seven per cent said "Yes."

Have you used any of these learning opportunities? "Yes", 47 per cent.

Which of the following learning situations would you prefer? With others of different ages and with a teacher; with others of the same age and with a teacher; small group sharing a discussion; television courses; no preference; visual methods, slides, films, etc.

Identify any learning program in which you are involved: Answers ranged from informal programs to college and university courses. At the formal academic level subjects studied included anthropology, archaeology, psychology, philosophy; theology; geron-



tology, history, languages, Canadian studies and others offered by the Continuing Education departments.

Some were interested in academic courses for upgrading. Others, chiefly rural, were taking advantage of correspondence courses and those offered by the Women's Institutes.

The non-academic programs in which you are involved are even wider in scope: Yoga; swimming; bowling; tennis; cross-country skiing; crafts of all kinds; needlework; handwork; health and nutrition; retirement courses; income tax seminars; travel, and music, both vocal and instrumental.

Many of you are engaged in helping activities which have a learning component, doing volunteer work with the blind or in the schools, for example.

What other kinds of learning would you like to have made available? Replies included all those already listed plus many more: Photography; small appliance repairs; electronics; car maintenance; human and public relations; death and bereavement; legal matters such as wills and estates; current events; public speaking; lip-reading; horticulture; metacognition; refresher driver courses; hair-dressing; bookkeeping; typing; home nursing; social work; study of aging.

There is a real wish to have more educational programs on

television and to have those which are offered made available over a wider area.

Many of the 107 who replied that they were not involved in any learning programs suggested topics which would interest them.

There are several factors which makes it difficult for some seniors to become involved. Foremost would appear to be transportation. Second is the lack of daytime courses. In larger centres both are often available

but this does not apply across the province.

However, determination and a lively interest can often find a way. One respondent over 65 has just received a driver's license, another earned a B.A. and an over-80 has completed two Department Correspondence Courses.

The LOOPS group is studying the results very carefully to make the best use of the information received.

Direct dial, toll-free for GAINS, tax credit guidance

Early in June, Hon. Lorne Maccek, Ontario's Minister of Revenue, announced a new phone number for the ministry's Guaranteed Income and Ontario Tax Credit Information Centre.

All localities except the 807 area code region can reach the centre by a new toll-free direct dial long-distance telephone system called INWATS. The new system enables most callers to reach the centre without going through a telephone operator.

"We are continuing to use our existing toll-free Zenith line in localities serviced by area code 807 because the volume of calls from this area does not make conversion to INWATS econo-

mically feasible," Mr. Maccek said.

"Not only can we handle enquiries on our own programs in 18 different languages, but our information staff often redirects enquiries about other Ontario government programs. To my mind this is a very valuable service," the Minister said.

The Information Centre can be reached at one of the following numbers:

In Metro Toronto, dial 965-8470.

In localities serviced by area code 807 ask the operator for Zenith 8-2000.

In all other areas dial 1-800-268-7121.

COMMISSION BRIEF

Seniors Could Use Empty Schools

Alternatives to closing vacant schools were suggested to the Jackson Commission on Declining School Enrolments in a presentation made on behalf of the Council in June, by James Rehill a member of the Education Committee. Seniors of course were involved in all his recommendations.

"Throughout our history the people of Ontario, from the days of early Upper Canada to our highly industrialized society of today, have always responded to the challenges of the times", he said. "One of the challenges of our time is the dilemma pre-

sented by declining school enrolments. We feel confident that Ontario will respond positively and it is our hope that a new understanding of both the problems and the potential of the elderly will be acknowledged."

On behalf of Council Mr. Rehill recommended that: 1) Continuing education programs should be scheduled during the day-school hours as well as in the evening. Many Seniors would avail themselves of the opportunity to broaden their horizons if programs were offered at times convenient to their life-style and consistent with the availability of public transportation.

2) Day-care centres should be established in vacant school facilities. This could afford to Seniors the opportunity of serving their communities and at the same time supplement their often meagre incomes.

3) Mutually beneficial "time and facility" barter systems could be established in selected schools.

Seniors could serve as school volunteers and accumulate credits that could be used to buy access to otherwise unused school facilities. This program would make possible the setting up of facilities for use by Seniors

for drop-in centres, craft centres, senior social events, etc.

Mr. Rehill pointed out that schools are often situated on a site that facilitates easy access by Senior citizens; others are situated in areas that are well served by public transportation so access to schools is relatively good. Demographic projection in Ontario for the next 20 years forecasts great changes in the numbers of old, old old and very old and it is reasonable to assume that it will be necessary to increase educational and recreational programs for the over-65 age group. Schools offer a great opportunity for the inter-generational contact that by its very nature is beneficial and rewarding for all groups involved: Students, teachers, school boards and Seniors.

For example, in Tigard, Oregon, there is a Senior Aid Volunteer Education Program. More than 100 Seniors are involved as resource people in the classrooms at both the elementary and secondary school levels of one family of schools.

The Windsor Separate School Board has a problem called S.A.G.E. which is designed along the same lines as the Oregon

program.

In Alexandria, Virginia, the National School Volunteer Program fosters new approaches to citizen participation in education. Membership includes volunteers, school volunteer coordinators, teachers, principals and other educators.

In many Ontario schools Seniors are offering their expertise and time to conduct school programs which supplement the regular curriculum. Many of them teach a "life-skill" which the teacher is unable to do. One such example is a very successful program operating in Coe Hill Public School.

The principal visits the families served by his school and seeks out volunteers for his programs and activities. The Hastings Board of Education gave \$1,500 to set up a woodworking shop. A retired Senior teaches, on a voluntary basis, carpentry and woodworking to the students who learn a skill much needed by those living in rural communities where home maintenance and repair are largely a "do-it-yourself" procedure. The Senior, in turn, derives much satisfaction from his involvement in the teaching of the young.

New Device Could Save Your Life

There is a new distress signal device available now in Canada that will be tremendously helpful to elderly people who live alone, or to those subject to heart attacks or seizures.

It is a commercial product and it is expensive, but for those who can afford it it might be a lifesaver. It is known as MicroAlert. It costs \$895 to buy, but can be rented for \$30 per month.

The device is a tiny radio transmitter about the size of a cigaret lighter and is worn around the neck. When this device is squeezed it sends out a signal from as far away as 300 feet which activates a larger unit containing a cassette and player which has been plugged into a telephone jack.

On the cassette tape are a series of pre-programmed numbers and messages which are automatically dialed.

For example, the first call might be to an ambulance service: "There is an emergency at the home of Mrs. Blank on Main Street, please send an ambulance immediately." The second could be to a doctor and the third to a member of the person's family.

The device is so designed that it will not activate if the wearer turns over in bed.

The American experience has been that many of the purchasers or renters have not yet been in an emergency situation, but that it relieves the anxiety of the person who wishes to remain in his or her own home but does not dare to do so without some back-up resource.

If you wish further information write to MicroAlert Systems of Canada, 663 Mullin Way, Burlington, L7L 4J6 or phone (416) 632-1505.

A VERY PRETTY WEDDING IN OTTAWA



COL. AND MRS. KENNETH HOLMES

Although marriages of seniors are not too unusual these days, when Mrs. Enede Browne and Colonel Kenneth Holmes tied the knot in April it was a "first" for Central Park Lodge in Ottawa — a retirement home for senior citizens.

The couple have some very definite views on retirement and marriage. Although many older people resist the idea of entering a retirement home because they fear a loss of independence, Mrs. Holmes argues the reverse is true.

Beyond such obvious benefits as freedom from housekeeping chores, the companionship and services a lodge provides, means older men and women don't have to constantly make demands on family for help, Mrs. Holmes pointed out.

Both Col. Holmes (72) and Mrs. Holmes (69) are world travellers and while they intend to continue their travelling, they also plan to continue living at the lodge.

The ceremony at a private home was attended by two daughters and two grandsons. The reception, which was held at the lodge was a present to the couple from the lodge. Dale Francis, manager of the lodge, presented the Holmes with a silver tray on behalf of Central Park Lodges. Lodge guests contributed a potted plant.

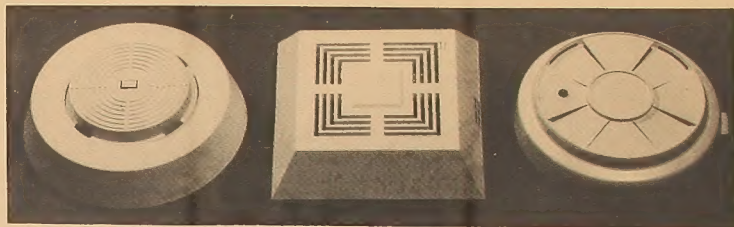
WATCH FOR CHEATS!**Smoke detectors are NOT expensive**

Installing a smoke detector in your home could save your life, but do not let yourself be taken in by high-pressure salesmen who try to sell you a package which costs several hundred dollars.

A perfectly acceptable detector, easy to install, is available in the \$25 to \$50 range. Some may be a little more expensive, but not much. Just make sure that the one you buy is stamped with a circle with the letters U.L.C. inside. This means that it has been tested and approved by the Underwriters' Laboratories of Canada.

You will find some marked U.L. This means that they are approved in the United States, but the Canadian standards on this product are somewhat more stringent here, so make sure of the all-important "C".

Some municipalities have their own regulations which affect licensed boarding houses, but many have none, so far as detectors are concerned. Under the Ontario building code every residential property of three



Each of these three detectors bears the important U.L.C. stamp and they range in price from \$20 to \$40. Investigate before you buy.

stores or less built since January 1, 1977, must have them.

Except for special regulations concerning government-operated or subsidized buildings there is little protection for the average apartment dweller.

Smoke detectors are easy to install — you'll just need someone who is safe on a stepladder, and can use a screwdriver.

Batteries will need replacing from time to time. Some models emit a beep-beep sound when the

batteries are getting low. The alarms are loud — between 80 and 100 decibels, so unless one is totally deaf they give good protection.

In a two-storey house, install the detector outside the sleeping area — in the upstairs hall. If you are in a one-floor house put it into the ceiling outside your sleeping area.

If you have a recreation room which is used frequently it would be a good idea to install one at the

top of the cellar stairs.

If by any chance you are moving into a rooming or boarding house, a good criterion to judge how well the house is run is to check for smoke detectors. If the landlord will allow it, install one yourself outside your room.

The advice from the Ontario Fire Marshall's office is to shop around for the best buys, but be sure to check for the U.L.C. stamp.

COOKING FOR MEN**Corned Beef Hash is easy to prepare**

BY DAVID MILTON

First, let me thank you for your response to the first column which was an attempt to take away from men the fear of getting their own meals when they suddenly find themselves in a crisis situation, such as illness of a wife, or her subsequent death.

This is not an attempt to duplicate any other kind of cooking column. There are many sources for complicated recipes. We are trying to show you how to make simple, and we hope inexpensive meals in small quantities.

Some women were good enough to send in recipes which will be tried out by a "non-cook" with a temperamental stove and they will be used in future issues. In the meantime try these:

CORNERD BEEF HASH

You will need: One 7 ounce can of corned beef (the small one). One onion — about the size of an egg. Enough potatoes to make about 10 ounces when peeled. ½ teaspoon of salt and a little less pepper. Milk, butter or margarine.

Refrigerate the can of corned beef for a day before cooking. This makes it easier to cut. The day you plan to make your

hash, open the can early in the day, dice it as small as possible and leave covered at room temperature so it will soften up and be easy to mix with the potatoes.

When you are ready to start, peel and cut the potatoes (or potato if you have a big one) into ½-inch slices then boil them in enough water to just cover. Put a pinch of salt in the water.

When the water comes to the boil turn the heat down to a simmer — that is, just barely moving. Test for "doneness" with a fork after 15 minutes.

While the potatoes are cooking grate the onion as small as possible.

When the potatoes are done, drain them. If you have an electric hand beater use it to mash

them, if not break them down with a hand masher. Add a walnut sized piece of butter, the pepper and salt, a little milk and start beating them with a fork until they are fluffy. Add the corned beef and the onion and mix well until all the ingredients are well distributed. Place the mixture in an oven-proof dish, uncovered, and set the oven to 325 degrees. About half an hour is long enough to get the whole mixture warmed through again. Take a spoonful out and taste it if you are not sure.

FLANK STEAK IN FOIL

Flank steak is a tough, muscular cut of beef but it has a wonderful flavor when cooked slowly in moist heat. As well, it is one of the least expensive cuts.

A whole steak weighs more than a pound but is as good

cold as hot so you can make two meals of it. Ask your butcher to score it on one side in a diamond pattern or to put it through a tenderizing machine twice.

Place it lengthwise in the middle of a 12-inch-wide piece of aluminum foil, more than twice as long as the steak.

Then spread an envelope of dehydrated onion soup mix evenly over the scored side (which should be upmost). Bring the long ends of the foil to the centre. They should overlap. Then fold the sides over to the centre to make a loose pouch.

Put the wrapped steak on a cookie sheet in the second lowest rack of your oven at 325 degrees. Leave it for an hour, then take it out, unwrap it carefully and stick a fork in it to test it for tenderness. Don't stick the fork through the bottom layer of foil. You'll lose the juices. If you think it is not done re-wrap it and give it more time.

When serving, remove the meat to a warm plate and let it sit for about 10 minutes to further tenderize it. Scrape the soup mix into the juice in the foil. Slice the steak across the grain (at right angles to its length). Make them about ½ inch thick. Pour the cooking juice over the slices and serve.

A FIRST FOR CANADA

A cross-disciplinary program in gerontology soon to begin at the University of Toronto will be funded at a rate of \$100,000 a year for four years.

It will be the first chair of gerontology in Canada. Previously those who wished to specialize in the field had to go to the United States.

Aim of the program will be to stimulate teaching and research

in gerontology in such disciplines as architecture, law, the health professions and social sciences.

According to Dr. John Hastings, Associate Dean, Community Health, Faculty of Medicine: "It will expand the knowledge of gerontology and foster the application of this knowledge in the broader community beyond the university."



Her Honor, Lieutenant-governor Pauline McGibbon presents Ontario medals to Mrs. T.O. Graham, of Guelph, left, and Mrs. James R. MacGregor, of Ottawa.

Two Seniors among Ontario medal winners

She's 84 now, blind and living alone in an Ottawa apartment, but Mrs. James R. (Alma) MacGregor still gives inspiration and guidance to hundreds of members of the Canadian Girls in Training organization.

That is one of the reasons she was chosen to be one of the 12 Ontario citizens to receive the Ontario Medal for Good Citizenship this year.

A much younger Senior, but a Senior just the same, is another winner, Mrs. T.O. (Evelyn) Graham of Guelph who has spent more than a quarter of a century helping newcomers to become Canadians.

The medal was established by the government in 1973 to honor individuals who have contributed to the well-being of their fellow citizens in an exceptional way. Each winner receives a round silver medal designed by Toronto sculptor Gerald Gladstone.

Lieutenant-Governor Pauline McGibbon awarded the medals at an investiture ceremony in her Queen's Park suite, June 30. Premier Davis was host at an official provincial dinner in honor of recipients at Sutton Place Hotel.

Winners are chosen by a nine-member advisory council and

are selected on the basis of contributing to the common good in an area of society and acting in a particularly generous, kind or self-sacrificing way in the common good without expectation of reward.

Mrs. MacGregor's connection with C.G.I.T. goes back to the early 1920's when it was formed with this purpose: "To cherish health, seek truth, know God, and, above all, to serve others."

Mrs. MacGregor chaired the Ottawa C.G.I.T. board in 1948 when a permanent campsite, Kalalla, was purchased and she was chief trustee. Within three months she and the board raised \$10,000 (a substantial sum at that time) to pay for the property and start construction.

To thousands of C.G.I.T. girls Mrs. MacGregor is affectionately known as Penny, because for decades she acted as an unpaid business manager for C.G.I.T. camps, driving hundreds of miles to bring fruit, vegetables and meat to the campsite.

In a long life of service Mrs. MacGregor was also the driving force behind the establishment of a church for Ottawa's Chinese community and she is often an honored guest at Chinese celebrations. Until she

was 76 Mrs. MacGregor completed the 40-mile Miles for Millions course in Ottawa and was always sponsored for large sums of money.

"She's still honorary chairman of our Ottawa C.G.I.T. committee and is still beloved by literally thousands of 'her' girls in all parts of the world," said Marion Myles, current chairman of the committee.

Newcomers became Mrs. Graham's interest after World War II when immigration was at a peak. She organized regular social gatherings for new arrivals, most of whom were lonely and often confused about Canada and Canadian customs.

She entertained them in her home, by the hundreds, visited them at their homes and arranged classes to teach them about Guelph, Ontario and Canada

and the merits and responsibilities of good citizenship. She devoted much of her time to organizing classes and teaching English to the newcomers and she arranged night sessions of the Citizenship court for those who could not attend during regular working hours.

Mrs. Graham shared their problems and 'mothered' many of the immigrants. She also made the community aware of their problems.

As immigration has levelled off in the area she is not as busy but she remains active organizing events that involve ethnic communities.

Mrs. Graham is president of the Council of Friendship and a former president of the Guelph Y.M.—Y.W.C.A. In 1961 she was named Citizen of the Year by the City of Guelph.



Second Class Mail
Registration Number 4357
Postage paid at Goderich, Ont.